Caldwell Swim Club
Cabin Fever Pentathlon
February 5, 2022

Sponsor: Caldwell Swim Club

Location: College of Idaho Aquatics Center; 2112 Cleveland Blvd, Caldwell, ID 83605

Sanction: All events held under the approval of USA Swimming and Snake River Swimming, Inc., Sanction # 22-~~02~~05. In granting this sanction, it is understood and agreed USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. (202.2.7)

All applicable adults participating in or associated with this meet, acknowledge they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and they understa nd compliance with MAAPP policy is a condition of participation in the conduct of competition.

Format: This is a split Pentathlon meet offering 4 different pentathlon combinations. These are:
Starter Quadrathlon – 25 Fly, 25 Back, 25 Breast, 25 Free
Sprint Pentathlon – 50 Fly, 50 Back, 50 Breast, 50 Free, plus 100 IM
Olympic Pentathlon - 100 Fly, 100 Back, 100 Breast, 100 Free, plus 200 IM
Ironman – 200Fly, 200 Back, 200 Breast, 200 Free, plus 400 IM

Events will be split between 12&U (Olympic, Sprint and Starter events only) and 13&O (Sprint, Olympic) and 11&O Ironman participants. All events, unless otherwise noted, will be Consolidated Events (Section 102.1.4) with mixed genders and ages within each session.

Facilities: 6 lane, 25 yard indoor pool. The minimum water depth, measured in accordance with Article 103.2.3 is 13' at the start end and 4' at the turn end. Equipped with six starting blocks, backstroke flags, anti-wave lane lines, and electronic timing by Colorado Time Systems. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C (4).

Meet Referee: Bill McCloskey
Email – atw-airborne@hotmail.com

Meet Director: Angelina Jensen, angjensen8@gmail.com

Officials: We expect and appreciate the help of certified USA Swimming Officials from each participating team. If you know of an official attending the meet, please have them contact the meet referee in advance of the meet.

Meetings: **COACHES**: There will be a mandatory coach meeting 15 minutes prior to the start of warm-ups Saturday morning. Heat sheets will be available.
OFFICIALS: There will be an official's meeting 45 minutes before the start of the meet.
TIMERS: There will be a timer meeting 20 minutes before the start of each session~~the meet~~.

Schedule: ~~Meet starts at 10am.~~ Session 1 12&U starts at 9am. Warmups will run 7:45-8:45. Session 2 13&O warmups will start immediately following the conclusion of Session 1. Session 2 will start 60 minutes after the completion of Session 1. ~~Warmups for 13&O will run 8:45-9:15 and warmups for 12&U will run 9:15-9:45.~~ Coaches can use their discretion to divide their warmup groups differently if needed.

To help adhere to the projected timeline, flyover starts may be used.

Conduct: **Current USA Swimming rules will apply including the Minor Athlete Abuse Prevention Policy**.

Protests will be handled in the manner described in Section 102.11 of USA Swimming Rules and Regulations.

Snake River Swimming Warm-Up and Safety procedures will apply. These are included with the invitation and will also be posted. NO DIVING off the starting blocks or backstroke starts will be allowed from the blocks or pool deck during warm-ups. Racing starts will be allowed in designated sprint lanes the last 15 minutes of warm-ups. Meet marshals will be on deck during warm-ups.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Athletes with disabilities may enter any age-appropriate event. Please provide advance notice to the Meet Referee of any necessary accommodations required.

The Meet Referee shall be the final authority for the conduct of the competition. Any protests or questions concerning the outcome of an event should be directed to the Meet Referee by the coach of that team. Swimmers participating without a coach must report to the Meet Referee at the start of the warm-up session for instructions.

This is a no card meet.

As prescribed in Article 205.3.1 F of the USA Swimming Rules and Regulations, entries will be limited to those swims that allow the events for swimmers 12 years and younger to be completed within the prescribed time limit of 4 hours.

Under USA Swimming Rule 202.2.9.I for Deck Changing - Changing into or out of swimsuits outside designated locker room areas by swimmer at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. The use of cell phones is not permitted behind starting blocks.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Cellphones and cameras may not be used behind the starting blocks. Only timers, swimmers, coaches and other USA Swimming members may be behind the starting blocks during the meet.

Eligibility: All swimmers must hold current 2022 USA registration cards by the meet entry deadline. Age of the swimmer on the first day of the meet (February 5, 2022) determines the swimmer's age for the meet.

If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine up to $100 per event against the individual, member coach, or member club submitting the entry. After verification of meet entries, if any athlete is found to be not currently registered, the host club must submit a post-meet backup to the Snake River Registration Chairman. If the athlete competed in the meet and his/her registration was postmarked after the entry deadline, the athlete/Club will be fined $100 by the Registration Chairman. Additionally, if an athlete competes in a meet as an unregistered swimmer, he/she will be disqualified from all events swum in the meet and will not be allowed to enter any other competitions until the fine is paid and the registration completed. As prescribed in Article 205.3.1 of the USA Swimming Rules and Regulations, entries will be limited to those swims that allow the events for swimmers 12 years and younger to be completed within the recommended time limit of four hours.

Entry Limits: **All swimmers may enter up to five (5) individual events for the ~~day~~ session and one (1) relay event.** **Swimmers may only participate in one session.**

Relays allow any combination of gender and age participating within that session; however combined age of each relay team cannot exceed 50 years.

Entries: NO TIMES ARE ACCEPTED for all events.
Entries should be in short course yard times only. Events will be pre-seeded. **Deck registration will not be provided**.

Please report scratches to clerk of course prior to start of the meet each day.

Lane timers will not be required for relays as there will be no official times.

Teams using Hy-Tek's Team manager should submit entries as an attached file to the following email address: betsyy619@yahoo.com.

The following files should be included:

Meet entry file with individual and relay entries
Meet Entry Report, including Relays
Meet Entry Fee Report.

Teams who do not have Hy-Tek's Team Manager may download, free of charge, TEAM MANAGER Lite at the following URL: http://www.hy-tekltd.com/downloads.html *We strongly encourage teams to obtain this free download if they do not currently own the Hy-Tek TEAM MANAGER software since it will allow teams to create the necessary meet entry files.*

Entries must include the following information: swimmer's name, age, team, team code, USA Swimming registration number, event name and number, and best time in short course yards.

Be sure to include coach's name, phone, and address. Coach's signature will be verification that all swimmers entered are currently registered members of USA Swimming.

Entry Fees & Deadline $28 per swimmer ($94.00 SRS fee, $2.00 pool fees, $~~10~~5.00 awards, $12.00 admin, hospitality, etc.). There is no additional fee for relays. Time trials are $7 per trial and may be paid at the meet.

Entries must be received no later than Wednesday, January 26, 2022. Fees must be received by Wednesday, February 2, 2022. One check per team.

Electronic entries should be emailed to Betsy Hunsicker: betsyy619@yahoo.com

Mail entry fees to:

Caldwell Swim Club
PO Box 125
Caldwell, ID 83606

Or pay electronically to paypal.me/caldwellstingrays

Scoring: You may enter any events you choose. To be eligible for one of the awards, you must enter combined events as follows:

Mini – 25 Fly, 25 Back, 25 Breast, 25 Free
Sprint – 50 Fly, 50 Back, 50 Breast, 50 Free, plus 100 IM

Olympic - 100 Fly, 100 Back, 100 Breast, 100 Free, plus 200 IM
Ironman – 200Fly, 200 Back, 200 Breast, 200 Free, plus 400 IM

There will be prizes for the 1st through 3rd fastest combined times in the following categories:

Age Group (Male and Female)	Mini	Sprint	Olympic	Ironman
8&U	X	X		
9-10	X	X	X	
11-12		X	X	X
13-14		X	X	X
15+		X	X	X

Misc.: Each team is expected to provide timers during the entire course of the meet. Assigned lanes will be provided in advance of the meet to all teams. All timers are to report to the Chief Timer at the computer table, where there will be a schedule of timing shift sign-ups, 20 minutes prior to the start of the meet session. Assigned lanes will be posted in the pool area and communicated in advance of the meet. All timers must sign-in and participate in the timer meeting at the beginning of the session.

Results will be emailed to each participating team using the address from which meet entries were received.

Bottled water will be available for purchase in the front entry of the pool.

Heat sheets will be available via MeetMobile and posted in the pool area.

A hospitality room will be provided for coaches and officials.

While the College of Idaho does not have specific guidance related to the number of participants or spectators in the Aquatic Center, CSC reserves the right to limit participants and spectators as needed to maintain a safe environment. In order to provide ventilation and airflow through the aquatic facility, doors on the observation deck will be kept open. Please plan accordingly.

Time Trials: Offered at the discretion of the meet referee following all other events.

Covid-19 Protocols We have taken enhanced health and safety measures – for you, our swimmers, guests, and meet personnel.

You must follow all posted instructions while attending or participating in swim meets located at the College of Idaho Aquatic Center. *USA Swimming, Inc cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the College of Idaho, you voluntarily assume all risks related to exposure to COVID-19. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SNAKE RIVER SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR

PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

COVID Protocols: We will be adhering to the current College of Idaho protocols which can be found here: https://yoteathletics.com/sports/2020/10/20/covid-19-fan-protocols.aspx. These protocols require spectators, coaches, officials and volunteers to be masked at all times. Athletes are exempted from wearing a mask during competition. Everyone entering the facility will be screened for symptoms, but we ask that you stay home if you are feeling unwell and wash your hands upon entry into the facility. Additionally, we will designate sections for teams to sit together in the observation deck and on the pool deck.

This meet will be limited to 250 attendees – including swimmers, officials, volunteers, coaches, and spectators. This will be subject to change based on federal, state, local and college requirements. Any changes will be announced prior to the start of the meet.

ORDER OF EVENTS

~~Mixed Gender~~Event # (mixed)	Session 1 12&U Starter, Sprint and Olympic~~Order of events~~ Starts at 9am	Event # (mixed)	Session 2 13&O Sprint, Olympic and 11&O Ironman Starts 60 minutes after end of Session 1
1~~1~~	100 Fly~~11&O 200 Fly~~	17	200 Fly
2	50 Fly~~Open 100 Fly~~	18	100 Fly
3	10& U 25 Fly~~Open 50 Fly~~	19	50 Fly
4	100 Back~~10& U 25 Fly~~	20	200 Back
5	50 Back~~11&O 200 Back~~	21	100 Back
6	10&U 25 Back~~Open 100 Back~~	22	50 Back
7	100 Breast~~Open 50 Back~~	23	200 Breast
8	50 Breast~~10&U 25 Back~~	24	100 Breast
9	10&U 25 Breast~~11&O 200 Breast~~	25	50 Breast
10	200 Free~~Open 100 Breast~~	26	200 Free
11	100 Free~~Open 50 Breast~~	27	100 Free
12	50 Free~~10&U 25 Breast~~	28	50 Free
~~13~~13	25 Free~~Open 200 Free~~	29	400 IM
14	200 IM~~Open 100 Free~~	30	200 IM
15	100 IM~~Open 50 Free~~	31	100 IM
16~~16~~	Cupid Relay ~~10&U 25 Free~~	32	Cupid Relay
~~17~~	~~11&O 400 IM~~		
~~18~~	~~Open 200 IM~~		
~~19~~	~~Open 100 IM~~		
~~20~~	~~Cupid Relay~~		

SNAKE RIVER SAFETY GUIDELINES AND WARM-UP PROCEDURES

SECTION 1 -- WARM-UP PROCEDURES:

A. GENERAL WARM-UP (First 30-45 minutes)

1. NO DIVING or BACKSTROKE STARTS allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.
2. No sprinting allowed during general warm-up session
3. All lanes are to be used for general warm-up.

B. SPECIFIC WARM-UP (Last 30-45 minutes)

RECOMMENDED LANE USE

POOL	PUSH/PACE	RACING STARTS	GENERAL WARM-UP
6 Lane	1 & 6	2 & 5	3 & 4
8 Lane	1 & 8	2 & 7	3, 4, 5, & 6
9 Lane	1 & 9	2 & 8	3, 4, 5, 6, & 7
10 Lane	1 & 10	2 & 9	3, 4, 5, 6, 7, & 8

1. Push/Pace Lanes - Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.
2. Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times.
3. General Warm-up Lanes - **NO DIVING OR BACKSTROKE STARTS**. Circle swimming only.

SECTION 2 -- SAFETY GUIDELINES:

A. COACHES' RESPONSIBILITIES

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall actively supervise their swimmers throughout the warm-up sessions at meets and at all practices.

B. HOST TEAM RESPONSIBILITIES

1. Marshaling:
   - i A minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.
   - ii Marshals shall have the authority to remove from the pool, for remainder of the warm-up session, any swimmer who is in violation of safety guidelines or warm-up procedures.
   - iii For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if:
     1. They are currently certified by Red Cross in Advanced Lifesaving, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.
     2. The host club must provide a marshal to supervise the work of the lifeguards.
2. Host teams shall post signs at each lane at both ends of pool, which indicate the designated use during warm-up.
3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
4. The following statement shall appear in the meet information: "Snake River Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in effect at this meet."
5. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
6. Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.